

Clavis Medicinæ :

OR,

The Practice of

PHYSICK

REFORMED :

Wherein is described

The Nature and Cause

Of most

DISEASES

AND

The Select Way of Cure

For the same.

A Method contrary to all Authors in being.

By *Jeremiah Love*, Doctor of Physick.

Ex Herbis fit Mel.

L O N D O N :

Printed for Henry Brome, at the Gun in St. Pauls
Church-Yard, at the West End, 1674.

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TO THE
READERS.

My Friends,

NO Man was born for himself only, but to do good to others, or else to receive good from others; yet it happens that most men are Self-Seekers in these days: I have practised Physick many years, and in the Galenical way; but finding my self often frustrated in my expectation, after my Medicines given to my Patients, that at last I found nothing certain in all those Woods or Wildernesses of Medicines, which I look'd upon then as not well prepared. Then I followed some years the Chymical way of Practise, and in it I thought I had excelled many; and likewise to see all things, I studied Astrology, that I might

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To the Readers.

might give Judgment upon the sick Party as if I had been with him, and both these I found to be base and erroneous, for my Scheme shewed me sometimes little danger, and then my Chymical Preparation work'd violently, and my Elixirs and Quintessences, although I gave but some drops, yet I found them to be too hot, and inflaming the Bodies of my Patients, and so they caused very bad Symptoms, so I found no reality in either, and so I left them off. Then I bent my mind to study to find out a way to help Nature, with means that were safe and easie, which at last I attained to, by the blessing of God to me. And then though I found at the Decumbiture of the sick party, that the Lord of the Eighth was in conjunction with the Lord of the Ascendant, and likewise if I found the Lord of the Ascendant combust in the Eighth, which we conclude in Astrology, death approaching. Yet by these means used, I found a strange alteration for a man to be even at Death's door

To the Readers.

door by all mens apprehension, and in an hour or two to be quick and lively, and without pain. Shall I hide these Mysteries? A Talent lent me for a time, and I bury it in oblivion? God forbid. My Life is short, therefore will I publish things of great moment, and shew you the way, or a new Method in practising Physick, that others which are more sharp sighted, and of quicker wits, may not be idle, but to dive into Nature's Secrets, and to find out some new thing, which was not before. Shall we be always led by the Nose of the Heathens, when we have both Sense, and Reason, and Scripture to guide us in the Light? And here in this Treatise I have shewed you Experience, grounded upon Reason and Sense, nay a way so safe, that a man may follow his occasions, and not keep the House, or drink gallons of Posset-Drink, or have Nurses to attend him, or such-like; I hope I have put an adjuvant hand to make

To the Readers.

rough things smooth; and rectifie those manifold Errors which are used in those which practise Physick. What causeth, I pray you, that so many Quacks and Empiricks are suffered, nay applauded? And likewise silly women now a days venture to cure the Body by internal Medicines. What Religion is there that we should tempt the Lord our God in destroying our selves, who are the Work of his hands? I tell you it is as great a Sin to put our lives into these Triebolary Empiricks hands, as for a man to murder himself.

Read this little Book of mine, read it through, and mind what you read: you have in it the very Key of Natures Secrets; a few Medicines, but so grounded upon Reason, and Sense, and Experience, that it comprehends the whole Body of Physick, as it was ordained in the beginning: Why then should we be lazy, and know no more than what is beaten
into

To the Readers.

into us, or tread onely in our Forefathers steps, though they went into the mire of Ignorance, and be contented with Ipse Dixit? Truly their writings have much Learning and Ingenuity, so they have much Obscurity and Suppositions of those things which have little real truth in them. Now my Brethren, my hearty desire is, that this Treatise may be useful unto all those that shall willingly read it: What I have done in it is Methodical, and I leave it to others to judge. But if you mislike any thing herein, write your mind, and deliver it to the Printer, and I will be very willing by writing again to satisfie thee, or else I will thankfully accept of thy Advice, and confess my fault: for, Humanum est errare, The best may erre; some have before me, and others will after me: However let the will be accepted for the Deed; which if I find, (God assisting me with Life and Strength) I shall endeavour to publish

To the Readers.

*Some other Tracts useful and necessary for
young Practitioners.*

Hic labor, hoc opus est-----

-----Noveris si rectius istis,
Candidus imperti; si non,
His utere mecum.

Clavis



Clavis Medicinæ :

OR,

The Practice of PHYSICK REFORMED.

CHAP. I.

I Purpose here in this small Treatise to give the most Judicious Reader, and all Lovers of the Art of Physick, Satisfaction; and likewise lay open to the meanest capacity, the Causes, Symptoms, and Signs of most Diseases of the Body of Man, and likewise the choicest and select Remedies for the perfect and speedy cure of them: A method I think as yet no man ever used, as I could hear or read of.

First, I here declare unto thee an Apperem which I have made choice of this many

ny years, for the best and safest working, and the good success of it : A Medicine so prepared and corrected , that it doth (without any danger, pain, or molestation of the Body whatsoever) evacuate and carry off all corruption and filthy humours out of the Body. The vertue of this Apozem being so wonderful, and so well pleasing to the Stomachs of all those that ever took thereof, that I shall do my Country much wrong, if I should any longer keep from them so great a treasure.

I have delivered my Bill for the making of it, only to Mr. Fisher, who lives in St. Olaves Parish in Southwark London, Chirurgeon, a man whom I have a great love and respect for, and likewise for many years I have made tryal of his just and honest dealing, and his good Judgment in composing of Medicines, and in chusing the best Ingredients. And when any man hath a mind to make use of it, I have stiled it by the name of *Panax Anglie*, by which name you may have it.

The Use of this Apozem I shall declare in every Chapter, where I treat of the Disease particularly, and the way of cure.

CHAP. II.

IF any man should think it strange, or as it were impossible, that one Medicine should be good for so many Diseases; Know this, that our old excellent Writers, being Fathers of Physick, have left their Monuments of Learning to us, which shew us divers Confections, some purge Choler, some Flegm, and some Melancholy; so that we must all conclude that they are good in all cholerick, flegmatick, and melancholick Diseases; so after their manner have I invented this incomparable Apozem.

And although all our Fathers of Physick being excellent men, have left their Receipts behind, for composing all sorts of Physick, for all Constitutions and Complexions, yet I trust we, who as it were stand upon their shoulders, may see farther than they, if we do strive, and be industrious in those Studies.

Now if we give this Apozem to strong Bodies, we give a greater quantity, and oftener;

ner; in weak Bodies, less is required.

If we are to cure the Head or Stomach, we order to take our Apozem an hour before they rise, that it may continue the longer in the place where the corruption is, and so it will work effectually; whereas if one walketh presently after the taking of it, it slippeth away, being liquid, and leaveth the work undone.

Wherefore this Apozem being of a thin substance, gathers it self easily with the corruption which it findeth in the Stomach, and dissolves the same; whereas Pills, and other Compositions, require first to be dissolved themselves, which is a great trouble to Nature, and so many times works upon Nature two or three days after, leaving bad Symptoms behind them, which you shall never find by taking this my Apozem.

Although this Apozem is a very great cleanser of the Body from filthy corrupt Humours, yet I confess it is no Universal Medicine for all Diseases (as your Triobolary Empiricks declare) for this requires help, as you shall see in the Chapter following, to as much brevity as can be required by few yet select Medicines, and what no Artist (I imagine) dares contradict, as you may see by the
speedy

speedy cure. I hate multiplicity on the other side, made by Chymists and Galenists now a days, and some that are neither of the two, most of which Medicines are as Clouds without Rain. A fair Tongue and a Plush Coat must needs do well ; but for Vertue, away with it ; *Ibis Homere foras*, *Homer* himself must sing Ballads.

The publishing of this my Book is onely to shew what Artists can and may do : I would have them take more pains to find the right way of practising Physick, and not to fill the Bodies of poor Souls with a Mass of hotch-potch, one mess contrary to another, and never see the operation of any thing ; and not Quack-like, carry a Box of Pills in their Pockets to cure all Diseases, and so for a little filthy lucre called money, as too many use now a days, thinking with themselves there is no Day of Judgment. What shall I say then ? Shall we so continue in this Sin ? God forbid.

CHAP. III.

Directions.

1. **C** Concerning the taking of this my precious Apozem, You need not be so strict in keeping your Chamber as you do in taking other Phylick ; you may walk abroad, if your distemper will permit you, but keep your self warm, and forbear drinking.
2. You may take it at any time when you find it requisite, either hot or cold, as your Stomach can bear it.
3. Children must take little, for a small Vessel is sooner emptied than a great, and likewise the humours are more fluxible.
4. Those that are full of ill humours may take it a week or more, both Spring and Fall.
5. Always take somewhat that is warm, in two hours after, for it will help the operation of the Medicine.
6. If it work not the first time, you may take more the next day safely. And if
thy

thy Body be always loose, take the lesser quantity.

7. A Spoonful of this Apozem will in most Bodies give one stool, now you may take three or four or five or more Spoonfuls at a time, as you think fit.

8. When you take this Apozem, abstain from all sorts of Wine, hot Spices, salt Meats, and raw Fruits, and green Herbs, and all cold things.

9. Take it not at the change and full of the Moon, for then Nature is weak.

CHAP. IV.

Concerning the Diseases of the Head and Face.

1. **T**He Head-ach proceeds from many Causes, as sometimes from Heat, and sometimes from Cold, both which being known, is easily prevented; so that they happen seldom, and do not stay long.

2. The Head-ach proceeds from fulness, &c. when men live idly, and fill their Bodies

Bodies excessively, as like a Bladder blown up.

3. The Head-ach proceeds from filthy corrupt humours, which abounds in great quantity in the Body, which two last are thus perfectly cured, as easie as a man can wash his hands with a Bason of Water :

Take four or five spoonfuls of this my Apozem every morning for six or seven days together, for so by that means thou shalt cleanse thy self of all filthy corrupt Humours that remain in thy Body ; but observe the Directions prescribed in the third Chapter.

After the same manner is cured the Giddinels of the Head, and red sore watery Eyes.

4. The Head-ach proceeds sometimes from the fume of corrupt Humours, and not from the humours themselves, for the corruption lying long in the Stomach, casteth up to the brain evil vapours, which offend it, it being of all parts most sensible.

For the Cure of which,

Take four spoonfuls of this Apozem an hour before you rise, and sleep not, so do it for three days.

5. The

5. The Headach comes by reason of the Excrements tarrying too long in the Body ; for when thou hast taken thy Dinner, or the like, first Nature taketh to its self for its nourishment the thin and purest part, and leaves the rest as gross and corrupt ; and then these Excrements tarrying longer than usual, sendeth noysome vapours to the Brain, and offends it ; so that he that is much costive, can never be long in Health.

For Cure of which,

Take such a quantity of this Apozem as will give thee one stool a day more then ordinary ; and likewise take a spoonful an hour before Supper : for in so doing thou shalt toll Nature to do her work without help.

So now by what hath been said concerning the Headach and sore Eyes, you may if you will endeavour to know a little more than is told you, you may with a little Addition to this Apozem, cure Apoplexies, Pal-
sies, Epilepsies, Incubus, Frenzy, Lethargy, and what not, if it belongs to the Head.

CHAP. V.

For Red Faces, Pimples, and other Corruption arising in them, and likewise the Morphem.

IT is a strange thing, that the Face which is the grace and beauty of a man, should be so greatly disgraced by corrupt blood, and all the rest of the parts of the Body clean and fair: The common saying is, The Liver is inflamed, which in many I think is the only cause, some have it from their Parents, and some by drinking and sotting, and others that are mighty bashful, and their blood being corrupt withal, so the Blood hath oft recourse to their Faces, as a witness to testifie, and so returning away suddenly, leaveth some gross corruption behind, which Nature there casteth out.

For the Cure of which, take these Directions, which never failed.

First

First for three or four days take five Spoonfuls of this Apozem, which will draw the course of humours from thy Face; and then I prescribe thee an Oyntment which is admirable good for the same, you shall have it made by Mr. *Fisher* aforesaid. And pray use it after this manner: Anoint your Face where the Pimples and corrupt Blood lodgeth, every night gently with this Oyntment, cold with your Finger, the next morning moisten your Face with a little new Milk, and wipe it gently; use this way a fortnight, and you shall find an alteration. After the same manner you may cure the Morpew, for it cleanseth and purifieth the Skin wonderfully.

CHAP. VI.

For the Itch and Scabs, Byles, &c. Leprosie, Small Pox, Measles.

SOME are troubled with this, having it by Nature from their Parents, some by long and bad Diet, others by infection, as by keeping company with those that have their Bodies inclined to Byles, Scabs and Itches.

Now the way of curing by our Artists (so called) now a days, is to purge first, and then bleed, and after to use some Mercurial Ointment ; and in many Bodies all this will not do ; if it doth, the next Spring they are most commonly worser than they were before. Now I will shew thee Art it self, as it was at first instituted, and thou shalt as easily cure this distemper by small means, as when thou art a dry to drink a Cup of Beer to quench thy thirst.

First, Take this Apozem about four Spoonfuls every morning for three days ;
and

and take something that is hot two hours after. The fourth day take of white Briony-Root half an ounce, a sprig or two of Mace, boil this gently in a pint of Ale, strain it out, and sweeten it with Sugar, drink a good draught of this well warmed in thy Bed, and sweat three or four hours upon it, and in thy sweat drink off the rest of the Pint hot; if a Child less, as age doth require: Use this way three days together, & longer, if the Disease have been of long continuance; and let the Patient in sweating rub his Body with warm Cloths, to take such corruption as cometh out by sweating: after this manner the Scabs will fall off miraculously.

You may cure the Leprosie, all scald Heads, Scurffs, and likewise prevent anyone from having the Small Pox or Measles, that they shall not have them at all.

I would have all men take notice that this way is the only Galenical way in practising the true Physick; and not to fill their Bodies with Drugs, or with Mercurial or Antimonial Preparations. And you shall see in every Chapter a contrary method to all Authors extant.

CHAP. VII.

For a Cough, or shortness of Breath. For Surfeits by taking Heat and Cold. For People that are very flegmatick, and stuffed up with Flegm, and for those that are entring into a Consumption.

Calen would have a cold distemper of the Instrument of Breathing to be the only cause of the Cough; sometimes a Humor distilling from the Head to the *Trachea Arteria*; and sharpness only of the Cuticle of *Trachea Arteria* going about within, doth provoke the Cough; sometimes it is caused through cold and flegm descending upon the Lungs; sometimes it happens through heat dissolving the superfluous matter of the Brain, and so through a Catarrhal Distillation the Cough is excited.

Now my Brethren, we all know that Cold is most commonly the original of most Diseases; for if the Body be full of gross corrupt Humours, having taken a great cold, pre-

presently there ariseth a putrid Feaver, sometimes malignant, and sometimes pestilential. Now judge you, if a Medicine will disburthen and carry out of the body this flegmatick corruption, without weakning of Nature; and in the highest Feavers, I trust you will grant to me it is the onliest means to be used.

Then take two Spoonfuls of this my Apozem every day in the morning, or if occasion permit, once in two days: this will I will assure you unlade the body sweetly of this corruption.

And now will I give thee a Pectoral Drink, which thou mayst drink as often as thou wilt, which will quench thy thirst, bring thy body to its natural heat, and cure thee of thy cold.

Take of Coltsfoot an handful, Hysop half an handful, Angelica roots bruised a dram, Liquorish scraped and bruised two ounces, Anniseed half an ounce: boil this in two quarts of Spring-water gently half an hour, strain it out, and put two ounces of fine Sugar, drink freely of it warm when occasion serves: by taking this Pectoral Drink hot mornings and evenings,

the flegm will come up easily, and is a wonderful Preserver for the Lungs, keeping them from putrefaction.

Now, good people, there are many in this City of *London*, that are troubled with the shortness of breath, and have their Lungs very dry, so that it is a continual pain and labour for them to breathe, or as the saying is, to fetch their wind: First, I advise them to take for three or four days, three or four spoonfuls of this my Apozem, which will cleanse the inward parts of most of the corruption; then take this Pectoral Drink named before in this manner following.

Take a quarter of a pint of the Pectoral Drink, and put therein the yolk of a new-laid Egg, and drink it fasting, and fast an hour after it: if thou hast been troubled with this grief many years, by using the Medicines so, will open and moisten thy Lungs, and help thee: you cannot use it too long, for it is both Meat and Medicine. After the same manner are cured all those that are entring into a Consumption: But with this Proviso, they must abstain from all Spices, Salt Meats, and all Wines, for they fret and inflame their Bodies, and
withal

withal let them take care they over-heat not their Bodies with any violent exercise, that they strain not their Lungs by violent Coughing; wherefore avoid all Chesnuts, and all raw fruits, as inimical to them; for this Disease is difficult, and therefore great care is to be used in their Diet, &c.

Now if any man by violent exercise heat his body excessively, and when he is so hot, suddenly cool himself by drinking, by rest, or any other ways, so that this man falleth sick even unto death, and if he escape, he remaineth weak and sickly during his life. Now, my Friends, Nature misliketh nothing more than a sudden change from one contrary to another, to wit, from heat to cold. Wherefore I conclude by reason and experience, that the best way to cure a man in this extremity, is to bring his body orderly again to the same heat wherein it was when he took cold, which thou shalt do after this manner.

Take half a Pint of the aforementioned Pectoral Drink, and dissolve in it two drams of Venice-Treacle, let the Patient drink half of it hot fasting, and sweat four or five hours upon it, and in his sweat let him drink the rest, and be sure abate his sweat

sweat very gently, and beware he take no cold: For three mornings afterward let him drink a quarter of a pint, with a dram of Venice-Treacle, hot two hours before he rise, and keep his body warm without sweating. But if the party have been long sick, and so weak that he is not able to sweat as before, then assure your self there is little hopes of life.

Note, that if the party be collicive, give him three or four spoonfuls of my Apozem, for that will ease and disburthen Nature, and let him drink some warm Broth or Water-Grewel an hour or two after.

Courteous Reader, I would willingly root out the Tares of bad Physick, lest they over-grow the brave Corn of real Medicine.

CHAP. VIII.

For the Heart-burning.

I Shall content my self (as most people call it) with the ordinary name of this Disease, which belongs not to the Heart, but only to the Stomach; and those who are troubled with this Disease, are commonly at ease after they have eaten, but after digestion, they feel a continual heat or bitterness in the mouth of their stomachs: they often are troubled with belching, and sometimes an inclination to vomit. It continues long in some people, and in others it comes every foot, especially by eating Fat, Salt, and Cholerick Meats.

For cure,

First, Forbear those Meats and Drinks after which thou art most troubled, for I will assure thee they will not make good Blood, and then you see Nature will not like it: for if good Diet will help thy Distemper, never take Physick for the same: but

but if thy long evil Diet hath laden thy stomach with Hot, Salt, and Cholerick Humours, which do cause this Heart-burning, (as 'tis named).

Then take five or six Spoonfuls of this my Apozem every morning for three days, and so thou shalt cleanse thy stomach perfectly, which I avouch to thee will be a perfect and speedy Cure, and not to eat Chalk, or to take some cooling Juleps or any such Slops, which will hurt more than heal.

CHAP.

CHAP. IX.

*For the Cholick and Wind, gnawing of
the Stomach and Guts, and all Cor-
ruption that causeth Wind.*

ALL these Distempers proceed from corrupt and filthy slimy Humours, which sticks to the inner part of the Stomach, and the Intestines. Now the common course of people when they are afflicted, they boil in some Wine, Pepper, Ginger, and other hot Spices, and all hot Seeds, which is meer madness, for these hot things are proper to warm a cold Stomach, and make it apt to digest, being moderately used, than to cleanse it being full of corruption, and these hot things are only proper for old people that have their natural heat decayed, so that Nature faileth; wherefore we are forced to seek help by Art. Now our Physitians follow this road, first, an Emollient and Carminative Clister is to be administred, then a Cordial

dial for to cause rest, and likewise Dia-
phoretical means, and then for some day
a masse of Pills; and if this do not the
work, make a Fontinel in the Leg, and
then in little time as bad as before. In
an Empirick light on such a Patient, pre-
sently he hath an universal Pill, which they
must take every day, and at night three or
four drops of this Elixar, which is a Pan-
pharmacon, and indeed all good for no-
thing, and then it is a Palliative Cure, as
they call it.

Now I pray hear a little Reason, and
follow Experience, her Lady and Gover-
ness: Take five or six spoonfuls of this my
Apozem, if the party be any thing strong,
or else less, and so do five or six days, and
thou shalt see that it will cleanse thy Sto-
mach and Intestines of all its filth, and
thou shalt be perfectly cured without Cli-
sters, or Issues, or Pills, or any universal
Elixars. And for the future, I would ad-
vise thee to avoid all windy and slimy
meats, that thou mayst prevent those Dis-
eases.

CHAP. X.

For Surfeiting by over-eating.

SOME men, by long fasting, coming to Dainty Fare, such as he is not used to eat, being very hungry, eateth over much, and cloyeth Nature, so that Nature refuseth any digestion, as a man having a burthen too heavy for him to bear, does not so much as offer to lift it : this Distemper proceeds from quantity : so likewise the evil quality of Meats do cause a man to surfeit, as Meat not roasted : so likewise Fresh Herrings, Fat Pyes, heavy Cake-bread, and the like, causeth great sickness.

For the Cure of these,

If the matter of the Disease lodgeth still in the Stomach, give him a draught of warm water, with two spoonfuls of Sallet-Oyl, which will cause him to vomit : if it work not quickly, help it with your finger by thrusting it to his throat, and after vomiting, give him some hot Broath, and let him

him for three or four days eat not much in quantity, and likewise what is hot, and of good digestion.

But if this matter hath passed the Stomach without vomiting, and there be little or no digestion, so that now a vomit will do no good :

Then take half a pint of Canary-Wine, and burn it with a sprig of Rosemary and some Mace, and put in it two drams of *London-Treacle*, and some Sugar, and drink it off in a morning hot, and sweat three or four hours in your Bed, according to the strength of the patient, and in his sweat let him drink posset-drink hot ; for I promise you this way will make a perfect digestion through the whole body, of whatsoever he did surfeit of. This way is easie and good, and I imagine Reason will conduct you so far, that it must needs do the work without a belly full of Drugs.

CHAP. XI.

For continual Vomiting after Meat.

T Here are too many now a days that destroy their own Natures ; some mind the filthy lucre of this world , that they will not allow themselves time to eat, although they have meat, and likewise an appetite, and then in time they would eat, but then there is no appetite. Some do fill their Carcases so much with Drink , and smoaking that stinking weed called Tobacco , that they cannot eat , but before they come to many years , Victuals then will not go down , no not so much as Broth, this is sad !

Now there are two special causes of this Disease : The one is, When the first Veins which receive the Nutriment from the Stomach , are stopped : The other is, When the Body is long bound, and the excrement very hard, so that the Patient seldom goes to the stool : In some people it is so bad, that they never go to stool, but that which

C

remain-

remaineth after digestion, comes up by vomit.

For cure, take notice of these Observations :

First, Take four Spoonfuls of this my Apozem fasting: if that work not that day, the next take five; and so forth, always increasing the quantity until it work: And when it hath operated, take an handful of Parsley, bruise and boil it in a pint of White-wine a quarter of an hour and better, then strain it out, and put some Sugar in it, and the next morning drink a good draught of this hot; and keep your bed, and sweat three or four hours, and in your sweating, drink off the rest. After that, let him take fasting two Spoonfuls of my Apozem, and let him continue it so till his body be soluble, and that his excrement be not dry, or stay too long in his body.

Now, my Friends, the White-wine thus ordered and taken, and sweating withal, openeth the first Veins, and maketh a passage into the body. The Apozem of mine draweth

draw
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this

draweth down gently the excrement, and
 bringeth Nature to her usual course to all
 admiration, and cleanseth the stomach of
 that corruption which is the very cause of
 this disease.

CHAP.

CHAP. XII.

For want of Appetite.

First, when the first veins do not suck, which is their natural action, by the which they receive food for the nourishment of the whole body : secondly, fat and gross bodies, which are always stuffed, and so full, that Nature seemeth to be contented with what she hath, and hath little desire of more. For cure of this, remember these Observations, small but pithy. **T**ake for some days three spoonfuls every morning of this harmless Apozem, and in little time thou wilt find thy self exceeding hungry ; it may be Beef will go down, when Chicken would not before : but if thou hast not an appetite presently after taking of this Medicine, then take the White wine as is mentioned in the foregoing Chapter, after the same Directions.

CHAP

CH A P. XIII.

For Catarrhs and Rheums.

MAny people are troubled with this disease, but especially Scholars, and other Students, idle persons, and those Trades-men that stir little. Now the fashion is to have an issue or two; nay, these issues are to have many pease in them, which things were forbidden in the Levitical Law, as much as if he had the Plague: but now there is great alteration, I shall prescribe you a way (if you will hear reason) to cure your self without these nasty Eylet-holes in your skin, and I imagine a great deal more wholsomer, and better for your health for the future.

My Brethren, the cure consisteth more in your own good Government, than in much taking of Physick, which I utterly abhor, and I trust many discreet people with me. Now for this distemper, observe these infallible Rules.

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1. Use

1. Use labour and exercise, for by it thou shalt stir up natural heat, and consume those watry humours which causeth this Rheum and Distillations: if thou canst not walk abroad, busie thy self with some action in the house, this will prevent crudities, and it is the principal way in part to prevent and cure this grief; for those that labour much, are seldom or never troubled with it, as is evidently seen, which to those that use little stirring or motion of their bodies, are most subject unto: for the outward parts of their bodies are cold, so that their blood, together with the humours, remain within, neither have they any evacuation by the pores of the body, as Nature requireth, to consume this Rheumatick humour, which then seeketh another passage. Then the Patient spits much, or else a continual running at the Nose, or else it stilly trickles downs upon his Lungs, and causeth Coughs, Ptsicks, Consumptions of the Lungs, and Ulcerations: you must needs confesse what I say is really true.

2. I advise you to eat hot meat at meals, and especially well roasted, for I tell you hot meat warms the stomach, and stirs up natural heat through the whole body, and so digesteth

digesteth the humours, but withal talk and be merry at the Table.

3. Be sure to keep thy head and neck warm, and thy feet likewise dry and warm.

4. Drink sparingly, and touching thy Drink observe these few Rules.

1. Let thy Drink be somewhat strong, and not small, for small beer is waterish, and so it will add to thy disease.

2. If thou drink, drink only at the end of thy meals, for in so doing thou wilt suppress that moisture which would ascend.

3. Let thy Drink be not over stale, sower or sharp.

4. Drink neither White nor Rhenish Wine.

5. If thou drink, take a Glass of good Claret well Sugared in the midst of thy meat.

5. Fast and watch, for these dry the body. I would not have you rise early, fast long, eat little, and sit up late: but in stead of those eat freely, and drink little, sleep hard, but lie warm, for then thy

body will be as if thou didst labour or exercise. Now (dear Hearts) watching is unnatural, it makes a dry senseless brain, it causeth sore eyes, and a cold waterish stomach, which is worse than all.

6. Go into a warm air, and keep thy self warm.

7. Hold your breath now and then hard, for this forceth the blood to the outward parts of the body, and causeth a stronger Circulation, which turneth with the stream the course of these Rheumatick humours.

Now for cure,

If any man will follow these Rules, that so he may continue his health, (or else it is vain to seek help) first, I advise you to take six spoonfuls of my Apozem, an hour before he riseth, so do for two days, the third day at night going to Bed, burn half a Pint of Canary, with a branch or two of Rosemary, brew it with some Sugar, and the Yolk of a New-laid Egge, and drink it off hot, and lie hot all night, this will digest and consume those Rheumatick humours: Drink this
Wine

Wine so prepared three nights together.

Note, if the party be lean, and full of Blood, in stead of Sack, use Ale, for Sack will inflame the Blood.

CHAP.

CHAP. XIV.

For the Yellow Jaundise, and all Obstructions of the Liver.

THe Yellow Jaundise proceedeth of Choler mixed with Blood, and so dispersed over the whole body.

There are divers causes of this disease, but I shall only treat of what is most usual, and only name the rest.

1. The biting of a Venomous Beast will cause it.

2. The going away of an hot Feaver will do the like.

3. The Inflammation of the Liver will make shew of the same.

4. The weakness of the Gall, which is not able to draw from the Liver those Cholerick humours, but suffereth them to be carried with the blood through the body, and so colours it yellow.

5. The Jaundise is usually caused by obstruction

struction of those Vessels that are between the Liver and the Gall; which being stopped, the Cholerick humour cannot pass into the Gall, but is carried with the blood into the body, and so staineth it yellow.

6. It is commonly through the obstruction of the passage from the Gall to the Bowels; for that being stopped, the Gall is not able to employ it self, but the excrementitious Choler is repelled, and returneth into the body; which otherwise, should colour and stain the excrement yellow.

In these three last sorts the excrement is white, and the Patient feelerh an heaviness in his right side, and these are common, and are thus infallibly to be cured; first, cleanse your body with my Apozem for two or three days, then take this Drink morning and evening after.

Rx cortex interior Sambuci & Barberior. an. p. i. Linaria m. i. rad. Pratenfis maria, Amaradulcis an. ℥ii. Cichor. ℥i. Croci ℥i. Garioph. Macis an. gr.x. Zing. ℥s. Scr. Lact. ℥ii. f. decoct. adde Colatur. Sacch. rub. q. s.
If this distemper seems rebellious, take this

this which never fails : *Rx rad. Brion. Alb. 3s fol. petros. mß. vini Albi lbi. f. decoct. add Sacchar. i. l.* Take a good draught of this in a morning fasting hot, and sweat upon it, and in thy sweat drink the rest ; and if you are dry afterwards, drink Posset-drink, for the more he sweateth and drinketh, the more the vessels are opened, and the matter digested, and the Jaundise sooner cured. After this sweating, the next day take six or seven spoonfuls of my unvaluable Apozem, for that will carry off that corruption. Now if the Jaundise is not cured by once sweating, but shews it self, then sweat again once more as you did before : after this same manner is cured all Obstructions of the Liver.

Now, my Brethren, I have shewn you to cure many Diseases of the upper Ventricle, after a new way, and I think with as safe and speedy a remedy as ever was practised since Physick hath had a being : Now I will shew you to cure methodically the Diseases of the lower Ventricle.

CHAP. XV.

For the Obstructions of the Spleen, the hardness and swelling thereof. For the Black Jaundise, and also the Hemorrhoids or Pyles, and Scurvy, which is much subject to English Bodies.

AS the Yellow Jaundise comes of Cholera, so these distempers of Melancholy, joyning with the blood, is dispersed over the whole body. He that hath the Black Jaundise, hath always a dry, withered and black body; and my Friends, it is difficult to be cured, and likewise it requireth great diligence of the Patient to observe what is enjoined him: for this humour is very stubborn, and without great digestion yields to no purgation whatsoever, and that is the reason our Physicians now adays are so much fool'd in their practise; nay, that is the reason so many Quacks and Empiricks are made, which the common people judge both to be alike able in judgment.

ment. And now for the cure of these hard distempers, observe this method, and you shall not fail of your expectation. *Rx Ceterach Cutis interior. Fraxini radix Brion. Alb. Petros. an. ℥ii. Ser. Lact. ℥xii. f. decoct. adde Sacch. q. s.* Take of this decoction a good draught every morning fasting, and in it two Spoonfuls of my Apozem, and walk well after it, or else labour or exercise thy self that thou mayst heat thy body, and stir thy blood, that this drink may be dispersed thorowly in thy body: so do three weeks or a month together if occasion serves. For I tell you seriously, the drink so prepared digesteth the melancholy humour, and makes it fit for purgation; and the Apozem of mine given with it, carrieth it off sweetly. Good people I tell you, that all the Authors that ever treated of these distempers, never gave you an insight of curing rightly, but prescribe a certain sort of Pills, which have either black Hellebore, Colloquintid and other stuff which is good only to choak Daws withal. I would have you to observe withal, to embrocate your left side with Oyl of Wormwood, or an Oyl made of Briony.

CHAP. XVI.

For the Green Sicknes.

THis distemper happeneth by reason of the obstruction of the menstrual course of Nature in Virgins, so that in time the Liver is so weakned, that it is not able to convert the nutriment into blood, and then the digestion is raw, and the whole body is filled with water and flegm, in stead of good blood. Now the foolishness of Maidens to abate their high colour, and to look fine, forsake their diet, and eat much trash, as Apples, Plumbs, Pears, Cherries, &c. such raw fruits, and Oatmeal, and raw Milk, which in stead of nourishing causeth nothing but corrupt humours. so that their countenance looks pale and greenish, they feel a great pain in their heads, with a continual panting or beating, they are very faint, and likewise short breathed: Now I will shew you a way to cure it without the Powder of Steel, or letting blood in the foot, which is the way of most Practitioners

Citioner now adays. First therefore for
 five or six days take of my Apozem four
 ounces at a time ; after the taking of this,
 take of White Briony half an ounce. and
 boyl it in a pint of Ale, with a blade of
 Mace, sweeten it with Sugar, drink a good
 draught of this hot, and go to bed and
 sweat three or four hours, and in thy sweat-
 ing drink off the rest hot : the next day
 boil some more as before, and drink a good
 draught in the morning hot an hour before
 thou risest, and keep thee warm, but not
 sweat ; use this order ten days, or it is bet-
 ter to walk, or to use some exercise to stir
 thy blood, and the humours in thy body,
 than to lie a bed ; and withal eat meat of a
 light digestion, and so thou shalt have thy
 cure, *Cito, tute & jucunde.*

CHAP. XVII.

For acute Diseases, as Fevers and Agues, &c.

THese diseases are very common, yet there is but, alas, little help for them: but we are got into the Thicket of Brambles and Thorns, that we do not know how to get out, nor strive, and so now they are called the shame of Physitians. A Wilderness of Medicines now made, but hardly any of them good; and so a young Practitioner getting into this Wood, cannot get out, unless he sees the Sun at the Meridian, as I may term it, or tract Nature in all her footsteps, and be only a help to it; not by strong Spirits or Quintessences, or Mineral Preparations, as your high and mighty Chymists do, nor with Golden Pills, or with their high Cordial, or their Juleps, the flegm of Herbs, as your Galenists use, but with specifical remedies, which I will here shew you the way.

D

First

First therefore, observe all Feavers to be either an Inflammation of the vital Spirits, or of the blood by too much motion, or else by putrefaction, or by obstruction: for you may see daily that motion doth heat even to firing, and obstruction doth exasperate that heat included, and so it breaks out violently, especially in things watry and putrid, as Hay laid up wet at length fires.

Now there are three sorts of Feavers, 1. Ephemera, 2. the Putrid, 3. the Heſtick: The first burns the Spirits, the second the Humours, the third the solid parts: The first like a raging hot Wind, scorching all it meets with; The second like boiling Water put into a Cask, and heats it with it self; The third like an Iron Pot red hot, heats the Water poured into it.

Now this Heſtick Feaver occupies the Bones and Membranes, and consumes them with an unnatural heat by degrees, and insensibly, till at length it causeth death.

The Putrid Feaver occupies the Blood and Humours, by which the whole Body grows hot.

The

The Ephemera is a more subtle flame, feeding upon the spirits only, and therefore it continues not long, for either health or death in two or three days follows. And of this sort are the Malignant and Pestilential, which two I shall treat of by and by.

For a simple Ephemera, I shall only give thee a general Specifick, which will undoubtedly give present help, *Deo volente.*
Rx Suc. Pomor. Silvest. ℥iiii. Succī semper vivi ℥ii. Lactis rec. ℔ii. Sant. rub. ℥i. f. decoct, add *Colatur. Sir. Pap. Errat. ℥℥.*
 Drink freely of this Drink as occasion serves: but if this Feaver be not very violent, give two Spoonfuls of my Apozem in a morning, and you need not fail of your work. These means are plain and easie, and what grows in our own Country.

Putrid Feavers are most usual, and they are continual or intermitting: for if the humours putrifie within the Vessels, and near the heart, the spirit riseth against, and kindles them, and never leaves off till it expels the rottenness, or be extinguished it self, and this Feaver is continual, and often deadly. But if the humours rot out of their Vessels that is in the veins and members, it is a Feaver intermitting. For the

spirit riseth up at certain time, and opposes that rottenness by heat: now this conflict made being far from the heart, (when it is ended) the spirit returns home: now therefore if this putrid humour be flegm, it still returns to oppose it the next day: hence it is called the Quotidian: if it be yellow Choler, it returns to oppose it the third day and it is called the Tertian: if black Choler or Melancholy, the Quartan.

The causes of these are, first, Flegm collects it self soonest, and makes new work for the spirits, but is withal sooner cured, and so a continual Feaver lasteth not long. Secondly, Melancholy is a dreggy humour, and doth not so soon recruit it self, and being tough and vitious, is not so easily overcome, and these Quartans are of long continuance. Thirdly, in a Tertian the spirit opposeth yellow Choler, which is hot of it self, and then there is a terrible hot conflict, and from hence they are called burning Feavers, and they are sometimes changed one into another, according as one putrified humour or another is opposed. Now I have shewn you the signs and causes of these Feavers, I will briefly prescribe a perfect way to cure them.

CHAP.

CHAP. XVIII.

For the Quotidian Ague.

Rx fol. Centaur. Borag. Beton. an. m.iii. Fumar. m. i. Bac. Heder. ℥i.iii. Vini Albi ℔i.

Bruise the Ingredients, and digest them altogether in Balneo seven days, and then draw this off in a Glass still with a gentle fire, until you have all the water, which keep in a Glass close stopped with Wax. Let the Patient drink a quarter of a pint of this Water hot two hours before his fit comes, and keep his bed, and sweat three or four hours, and in his sweating let him drink Posset-drink hot, and in every draught put in two spoonfuls of this Water: the next two hours before his fit, do the like in all things as you did before.

Now let the Patient be kept well from the Air, and things prescribed orderly used is most commonly cured in two days: but if by some oversight it continues longer, begin again and use the same means for two days more: but if you take four or five

D 3

spoon-

Spoonfuls of my Apozem first before thy sweating, it will be cured the sooner.

Now if a Child hath a Quotidian, and we cannot give these things inwardly, I will shew thee a way to cure it by outward things : Take an ounce of Briony-root, and beat it to powder, and half as much Wheat-flower, and boil it in a little Milk till it be like a Poulrice, and put it on Clothes being warmed, and spread somewhat thick, and bind it to the Childs wrists; when it is dry, take more fresh, and apply, and you shall see in four days to be perfectly cured.

CHAP. XIX.

For the Quartan Ague.

THIS is a disease so hard to cure, that it hath been accounted ever yet the reproach of Physitians, for it resisteth the force and power of all their Medicines, whether Galenical or Chymical, and doth in despite of them triumph over their Patients. Now, even now will I take an hard matter in hand, but I fear my slender way will be suspected greatly by the Rabbies of this Age, for the working so rare a cure: But being thorowly encouraged both by Reason and Experience, I will boldly proceed on and inform you.

My Brethren; take on thy two good days (as we call them) being fasting four ounces of my Apozem; the third day, which is thy fit-day, take nothing; the fourth day take of the water which I prescribed for the Quotidian, four ounces and better, well warmed, and keep thy bed, and sweat five or six hours, and in thy

sweat drink hot Posset-drink, and in every draught put three Spoonfuls of the Water prescribed, and one Spoonful of good Wine-Vinegar: continue this sweating four days together: if the Quartan Ague have not left thee in that time, (which I think is impossible) then upon thy next fit-day, two hours before the fit comes, take the Water as before, and sweat again; do so only three times on thy fit-days, and observe after this disease hath left thee, be sure to take three Spoonfuls of my Apozem for twelve days, for this Water so taken and sweating withal, doth wonderfully digest this melancholy humour, that it excelleth all the preparatives in the world, and my Apozem gently cleanseth the body, and carrieth it off. *Soli Deo sit gloria & potestas in sæcula sæculorum. Amen.*

CHAP. XX.

For the Tertian Ague.

BE careful to observe this method, for I would not bury any thing in oblivion, or hide my Talent, for *non nobis nati sumus.*

First, Let the patient take the day he hath not his fit six spoonfuls of my Apozem, the next day two hours before the fit comes, drink a quarter of a pint of this Water here prescribed, (*R Centaur. m. vi. Endive m. xii.* distil these things bruised with a gentle fire, and keep the Water close stopped with Wax, let the Glass be but half full, for it will keep the better;) and when you have drunk this Water being well warmed with a little Sugar with it, keep your bed, and sweat three or four hours, and in your sweat drink posset-drink, and in every draught put in two or three spoonfuls of this Water: use this means the second fit, and I question not but you will eradicate this disease. For I tell you seriously

ously I have cured this disease , and many more extream hot Feavers, by this Water so taken even in one fit ; but be sure after those fits you purge your body with my Apozem, and then you will do all things safely ; if not , there may happen some relapse.

CHAP.

CHAP. XXI.

The Heſtick Feaver.

FOr the which I will preſcribe a Diet,
 by which many even at deaths door
 have been recovered, which is this: *Rx fol.*
Acetoſ. Calendul. an. m.i. Sempervi. ʒi. Laſt.
recent. lbiii. Pomatii lbβ. f. decoct. add Co-
lat. Sir. Papav. Rub. ʒii. When the party
 is thirſty, drink freely of this: then make
 this broth: Take a Capon and ſkin it, and
 get out all his fat, then bruife it in pieces,
 and put it in a pitcher that holds a pottle
 of water, and put in it four ounces of Ray-
 ſons ſtoned, eight Dates, a Pugil of Bo-
 rage and Roſemary-flowers, and likewise
 put in a pint of good Claret, and half a
 pint of Red Roſe-water, cover the pot cloſe
 and paſte it round, then put this into a
 Kettle of water, and ſo make the Kettle
 boil ſix hours, and be careful in boiling no
 water comes upon the paſte: then take it
 out, and ſtrain it, and drink four or five
 ſpoonfuls of this morning and evening.

Or

Or use this:

Take a young Pig and scald it, and cut it in four pieces, and put six quarts of running water in a pipkin, scum it clean, and put a large handful of Sage in it, and boil it gently till half be wasted, strain it out, and drink it morning and evening warm. But if the party be not much wasted away, let him take a spoonful of my Apozem now and then of a morning, for it will cause him to have an appetite.

CHAP.

CHAP. XXII.

For the Plague, and all Malignant Fevers.

THere be three special causes of this disease :

The first is, the just judgment of God for the sins of the people: In this case I hold our Divines, that it cometh as it were by the Commandment of God, and then vain is the help of man, when the power of the Almighty worketh to destroy; wherefore repentance and amendment of life is the salve for this sore. Yet seeing we know not his determinate will and pleasure, I wish no man to neglect such natural means as our Eternal Father hath provided for the preservation of our natural bodies, lest by so doing we sin, and tempt our Creator, and the Preserver of all Mankind.

The second cause proceedeth of the corruption of the Air, which is of two sorts, either general or particular: The Air is generally

nerally infected by the distemperature of the Heavens, then the weather is long dark, cloudy, foggy, stifling, very hot and moist, and also our bodies faint, we loath the breath we draw in and out, then it is difficult to keep meat sweet, and the Heavens do as it were refuse to draw the corruption from the earth, but yield down again such as they had taken away before. The Air is particularly infected by the smell of dead bodies, especially in fights, when those that are slain lies unburied, which infecteth that particular place. Also a putrid smell in your Fenny and Marish ground, and especially the smell of such bodies as resort and lodge very close in one small Room, as in this City of *London*, and then people are stuttish and nasty, which infects the vital spirits, and breeds such corruption; which at last burst out into the Plague.

The third cause proceedeth of corrupt humours in mans body, ingendred by bad Diet; and these two last comes by Gods permission, as the first comes by his Commandment.

For preventing this heavy Visitation,

1. Make fires in the streets to cleanse and purifie the Air.

2. Let

2. Let people walk out into the fields, to take the fresh Air, and let their Houses be made clean and sweet by strowing sweet herbs, and airing their beds, and opening their windows to let the Air in.

3. Let no House be over-pestered with too many Lodgers, and let all vagabond and lazie unnecessary members be forced out, for this will cleanse a City as a purge will a man that is full of corruption.

For cure, take these Observations.

Take of Endive-water two pound, Centary-water one pound, Ivy-berries half an handful bruised, boil these gently a quarter of an hour, strain it out, and dissolve in it of Mithridate or Venice-Treacle two drams, Sugar an ounce and half, Wine-Vinegar three spoonfuls : Now as soon as ever the Patient doth complain, and Nature as yet strong, give him a quarter of a pint of this Drink fasting, being warmed, and let him sweat in his bed eight or ten hours if he can bear it, and in his sweating drink hot posset-drink, and in every draught two or three spoonfuls of this drink: when he riseth, get him some broth, and be careful
to

to keep him from the Air : if he do not find ease in his sweating, the next day do the like : this way will cure him without having a sore , or else it will help Nature so far, that it will force out the sore speedily : unto which use these Applications : first, embrocate the Tumour or Carbuncle with Oyl of Lilies , being warmed , then take two yolks of Eggs, a dram of Saffron pulveriz'd, Linseed Oyl, and Oyl of Camom. of each a dram , spread it upon Cloth somewhat thick , and apply it : use this course , for it will speedily break it, then dress it according to Art : After the same manner are cured all Malignant Feavers, and Epidemical Diseases.

C H A P. XXIII.

MY Friends, I have here given you a brief Method of curing many Diseases, a way different from the general road of both the Galenists and Chymists; if you would but fancy them, they are matters of great moment; they are not Coleworts boiled over and over a thousand times, and crammed in, even to nauseating: but I tell you farther, it is the only introduction and the right path, if you have little more wit than is told you, to cure all the Diseases of the Body, both with speed and safety. It is not a superficial Knowledg that will ever raise Love or Admiration. We are all placed in Natures Garden, why then are we idle? but let us learn the Works of Nature, and pry into her secrets, that we may contemplate more things, and with greater delight and profit than all our forefathers could ever tell us; for we all know Nature is not barren, to spend all upon our fathers, and leave nothing for us their children: if we want an Interpreter, the Maker of Na-

E

ture

ture is the best himself; is there no God in *Israel*, that we should go to enquire of the Gods of *Echron*? must we rob the *Indies* for poysonous Drugs to cure us, when we have balsamous Herbs enough in our own Gardens; but far fetcht and dear bought always pleaseth Fools and Ladies.

I shall now give you some Specificks, or Remedies appropriated for many Diseases, which things used, and cleansing thy Body with my Apozem, thou shalt find them never to fail thee in thy expectation.

CHAP.

C H A P. XXIV.

For the Stone.

R - *Virga Aur. pariet. Saxifrag. an. m. i.*
S. Petros. Lithosperm. an. ʒi. Bac.
Junip. ʒi. Alkakeng. ʒii. Frax. Clavis ʒi.
Licoriza ʒvi. Vini albi lbiii. f. decoct. add Sir.
Dialth. ʒii. Lapis Prunell. ʒii. drink of this
morning and evening.

For the Gout.

Rx Album Ovi no. ii. Sal marin. decrepit.
& pulv. ʒi. Bol. Armen. ʒii. Ung. Popul. ʒi.
m. f. Cerot.

Or,

Rx Ung. Popul. ʒii. Ol. Vitriol. ʒi. stir it
together, and embrocate the place grieved,
but withal take my Apozem, or else it avai-
leth but little.

For to ripen any Boil or Sore, and to break it.

Rx Ficuum pinguium ʒi. Sapon. alb. ʒi Sal
marin. decrepit. ʒiii. bruise these very well,
and with Oil of Lillies make an Unguent.

For a Cough.

Rx Capar. Coct. ℥ii. Ther. Vinet. ℥ss. Sir. Vi-
ol. ℥i. Ol. Amigd. dulc. ℥ss. Ol. Anis. ℥i. Hy-
sop. g. 10. pul. Enul. Cam. Ireos an. ℥i. Sacc.
cand. ℥i. m. f. Eleſtuarium, take the quanti-
ty of a Nut morning and evening.

For a Tumour in Scrotum.

Rx Calom. Arom. Sem. agnus Cast. an. ℥ii.
fol. ruta Glaſtum an. m. i. Farin. Lini Fæmig.
an. ℥ss. Facula Zytki non lupul. tibi. f. decoct.
adde Farina fabarum, & Ol. Camomel. f. Ca-
taplaſm.

Or This.

Rx Uve paſſe ruta Sem. Cumini Ol. Liſior,
an. q. ſ.

For Strumes, or Scrophulous Tumours.

Rx Emp. Diach. cum Gumm. ℥iv. ſtorax
Artanita Aſſa Fætid. an. ℥ii. Ol. Parthen. ℥i.
Amalg. ℥ii. m. f. Emplaſt.

Or This.

Rx Gum. Ammoniac. ℥ii. Ung. Dialth. ℥i.
rad. brion. alb. pulv. ℥ii. Cera ℥ss. Reſin. Pini
℥vi. Amalg. ℥ii. m. f. Emp.

For the Scurvy in the Gums.

Rx Rad. Torment. Biſtort. an ℥ii. fol. roſ.
rub.

rub. rosm. an. p. i. Vini rub. ℥ss. f. decoct.
wash the Gums often with this.

For a Pleurisie.

Rx Olibanum Resin. pini. an. ʒi. Cineres Cardui ʒiβ. Mel ʒss. f. Elect. take this upon the point of a knife, and it will give present ease, and if you take my Apozem, it will perfectly cure it without bleeding.

For the Worms.

Rx Mithrid. ʒii. Aloes ʒi. Ol. Sabin. ʒiβ. make a plaister to put to the Navel.

For Gravel in the Kidneys.

Rx Ol. Amigd. dul. ʒii. Sir. dialib. ʒi. take this in the morning fasting.

For the Pain of the Sides and Spleen.

Rx Rad. Aristol. rot. ʒi. Mirrb. ʒi. Aqu. Cardui ʒii. Sir. Artemesia ʒi. drink this off, being a little warmed.

For a old Cough, and Pthifick.

Rx Rad. brion. pulv. ʒi. Mel ʒii. Loboch de pul. vulv. ʒss. Sp. Sulph. g. i. o. f. Elect. take the quantity of a Nutmeg every morning fasting.

To cause a speedy Delivery.

Rx *Aq. Brion.* ℥ii. *Mirr.* ℥i. *Craci* g. 10.
drink it out, and if you did but take 2 or 3
days before about 2 or 3 spoonfuls of my A-
pozem, you will do your work very easie.

For the Dropsie.

Rx *Suc. Cucumer. agrest.* *Ebuli, an.* ℥ii. *Ol.*
Oliv. ℥iii. *Cera* ℥i. boil these well together,
and make an Ointment, and anoint the Bel-
ly every night hot, and take my Apozem e-
very day, thou shalt have a speedy Cure.

For spitting of Blood, or bleeding inwardly.

Rx *Hypericon Centinod. plantag. an.* m. i.
Lact. recens. ℥iii. boil these together, and
drink freely of it.

Or This.

Rx *Plantag. Lamii albi, an.* m. i. *Lact. re-*
cen. ℥iii. and drink it as before.

For Fluxes.

Rx *Mastick* ℥i. *Aq. fontan.* ℥iii. f. decoct.
add *Sacchar. q. s.* drink often of it, but
carry off the peccant humour by my Apo-
zem: if it proves violent, give this Glister.

Rx *Torment.* ℥i. *fol. plant. ros. rub. an.* m. i.
Aq. Cordei ℥i. f. decoct. add *Mel ros.* ℥i. *vitel.*
ovi no. i. f. Enema.

For

For a sore Throat.

R^x *Auricul. Indæ. piper nig. Pirethrum an.*
℥i. f. pulvis: put this in your Throat, then
 apply outwardly a Cataplasme *de ficibus*
rad. Albén. an. ℥i. Myrrh. ℥ii. Croci ℥f. first
 embrocate the place with *Ol. Camomel.* and
 wash it with this lotion water: R^x *Aqua*
plant. Verb. an. ℥ii. sacc. Saturni gr. 10. Sir.
Crassul. ℥i. but if you will make speedy hast
 give first 3 or 4 spoonfuls of my Apozem.
 and then use the means prescribed, and you
 will cure it without bleeding.

To cause Urine.

R^x *Rad. Alb. ℥l. rad. fœnicul. petros. an.*
℥i. sem. petros. Lithosperm. an. ℥ii. Aq. Font. ℥bii.
f. decoct. adde Sir. Dialth. ℥iβ. drink of this
 morning and evening.

For the Hemorrhoids and Piles.

R^x *Fol. plant. m.ii. Ol. lini ℥i. f. Cata-*
plasm. apply it warm to the place grieved.

For bleeding at the Nose.

If it be critical, first take my Apozem,
 then apply this to thy forehead: R^x *Terra*
Sigill. bol. verus sang. Dracon. an. ℥i. Album

ovi. m. f. Catapl. put thy feet in warm water, and this will do without letting of blood.

For Burning and Scalding.

Rx Fol. plant. semperviv. consolid. an. m.ii. stercus ovil. ℥ii. pingued. ovium ℔i. make an Ointment.

Or this.

Rx Stercus Anser ℔i. Axung. Porcin. ℔iij. f. Ung. anoint the place hot twice a day, and clip not the Blisters till the third day: or else as soon as it is done anoint it with your common black Sope, and it will never blister.

For a Fellon.

It is very troublesom, and so common, that many have lost a Joint for want of good means: Take this though trivial, and it will do thy work: *Rx Acet. Vini opt. & furfur tritici*, boil these together, and apply it hot as the Patient can endure it, dress it twice a day; so do for 3 or 4 days, if occasion serves; if the place be tender, anoint it with a little Oil before thou apliest thy Poultice: after the same manner
are

are cured any hot Swellings, and Erisipelas Tumours.

For Ringworms and Tetters.

Bath the place two or three times a day with the Juice of Celendine, and it will certainly cure thee.

For the Tooth-ach.

Take the Juice of Tithymal and Wheat³ flower, and make Past with it, if thy Tooth be hollow put some of it in, and also put some in a cloth, and hold it to thy Gums; but if thy body be moist and rheumatick, follow that method in the Chapter prescribed for Catarrhs and Rheums.

For Worms of all sorts.

R^x Centor. Absinth. marin. ana \mathfrak{z} i. Sene Alex. \mathfrak{z} l. Vini Hispan. \mathfrak{z} iv. Mel \mathfrak{z} iii. pulverize those things that are to be pulverized, and mix altogether, and put it in a clean bladder, and tie it close, and hang it in the Chimney till it be a hard mass, then give it in what you please: the quantity to be taken is from 10 Grains to 30, or 40, it killeth all Worms, and causeth them to void.

For

For a malignant Feaver.

Rx Radix Scoreoner. ℥i. Licorit. ℥iii. Corn.
 Cervi ℥℥. fol. Melis. m. i. uva Corinth. ℥ii.
 Sem. Coriand. ℥ii. Aq. Font. ℔ii. adde Sir.
 Limon. ℥ii. f. decoct. drink now and then a
 small draught of it.

For Green Wounds.

Rx Panacolon. m. iv. Axung. Porcin. ℥iv.
 Ol. Oliv. ℔℥. Cera Citrin. ℥iii. f. ung.

For the Shingles.

Rx Suc. Plantag. semperviv. solan. Acet. Vi-
 ni opt. an. ℥ii. misce. bath the place hot.

For Tetter and Ringworms.

Rx Aloes cicotr. ℥i. Acet. Vini opt. ℥iii. Ol.
 Vit. gr. xxx. misce.

For Bruises.

Rx Nost. Apozem. ℥ii. Sperma Ceti gr. xxx.
 externally.

Rx Ol. Petrolei ℥i. Ol. Tereb. ℥℥. Ol. Ros.
 cer. Citr. an. ℥ii. embrocate the place hot.

For Blackness or Blewness in the Face.

Rx Ung. Dialth. ℥℥. Sperm. Ceti gr. xx.
 misce.

For

For Aches.

R \bar{c} Ol. Laurin. \mathfrak{z} i. Ol. Vitr. \mathfrak{z} i. misce.

For the Piles.

R \bar{c} Album Græcum \mathfrak{z} i. Ol. Lini \mathfrak{z} ii. Cera
 \mathfrak{z} i. f. ung.

For a weak Back.

R \bar{c} Consolid. Hormin. Centinod. an. m. i.
Aq. Font. lbii. f. decoct adde Vinell. ovi no. iij
nuc. mosc. n $^{\circ}$. i. Sacch. \mathfrak{z} ii. outwardly.

R \bar{c} Empl. Dialth. Simp. Diapol. an. \mathfrak{z} β.
Bol. ver. \mathfrak{z} i. Ol. Ros. \mathfrak{z} .ij f. Empl.

For Deafness.

R \bar{c} Ol. Lillior. \mathfrak{z} β. Bac. Laur. \mathfrak{z} i. boil this
together, then put a drop or two in the
Ear.

For sore Eyes.

R \bar{c} Lap. Calam. usti & in \mathfrak{z} ij. Vin. alb. ex-
tinct. \mathfrak{z} β. Sacchar. alb. cand. \mathfrak{z} iiij. misce.

For the Dropsie.

R \bar{c} Stere. Vaccin, lbβ. Sem. Anis. Cumini
pulv. an. \mathfrak{z} ii. apply it hot.

CHAP. XXV.

MY Brethren and Friends, I have given in a Bill likewise to Mr. *Fisher* aforesaid, for to make a drink which will really dissolve the Stone, so that any man may be cured, without that rigid operation of Cutting, and likewise it is the only way to prevent the same for the future.

CHAP. 7

CHAP. XXVI.

NOW will I give you rules for to preserve health, which being observed, a man may live to extreme old age: first, use not these things which greatly digress from that constitution and mediocrity in which man was created: Now all Physicians do call every thing hot or cold, in respect of the Nature of man, so things may be hot in the 1, or 2, or 3, or 4 degree; so likewise on the contrary for coldness: so we may gather from hence like desireth like, and abhorreth the contrary: Now those things that are like, and agreeth best with the Nature of man, are good, wholesom, usual Meats and Drinks, a dry, fresh and sweet Air, moderate Sleep and Labour; which although they were allotted to us for a punishment by God our Creator, yet mercifully withal he hath made it a necessary means to preserve our Healths. Now those things which disagree most with our Bodies are these, (which to tell you I am afraid to please all men:) All Wines, Spices,

ces, salt Meats, and all hot things which are so by nature; which a man may know by the Taste; for they either bite like Pepper, or fret like Salt, or else leave some manifest heat in the mouth. Now on the contrary, avoid all raw Fruits, and cold Herbs, and such things of the same nature; much use of Sawces devised by such whom many times our just God punisheth by want of Appetite, and having Meat at will, as the poor for want of Meat have a good Appetite. And likewise shun to live in thick foggy air, or idly, and exceed not in eating or drinking, which we call good fellowship, sleep not too much, or watch much, or use much those venereal actions, but use these things moderately and discreetly.

Now, Good People, seeing all people are subject to Death, which was allotted by our Creator to Man for Sin; and so we are sensible that our Bodies, as yielding thereunto, do by degrees gather always Corruption: Now to preserve our Healths, as much as in us lies, until we have run that race which Almighty God hath appointed, I shall commend unto you, and wish you all to make use of, this Receipt which followeth.

Take

Take Borage and Parsley of each an handful, boil in a quart of Posset-drink, strain it out, and keep it in a clean vessel, drink a good draught of this every morning, putting therein two or three spoonfuls of my Apozem before-mentioned, and so continue drinking it ten days every Spring and every Fall; if thy Body requires more, drink it longer: By this means thou maist prevent many Diseases, and keep thy Body in a very good condition: This makes Women apt to conceive, if (during the taking) they live chaste, and maketh Men quick and nimble in all their proceedings, and, may I tell you, what not. Now to the only wise God the Father, Son and Holy Ghost I ascribe all Honour, and Glory, and Adoration for ever. *Amen.*

F I N I S.

